



# Evidence-based Non-pharmacological Treatment Options

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# ACP Clinical Guideline

- Low Back Pain
  - Acute
    - Superficial heat
    - Spinal manipulation, massage, acupuncture
  - Chronic
    - Exercise, yoga, tai chi
    - Spinal manipulation, massage, acupuncture, low-level laser
    - Cognitive behavioral therapy, operant therapy
    - Mindfulness-based stress reduction, progressive relaxation

# Implementation Challenges

- Clinical care pathways
- Dosage
- Fostering patient active care
- Cultural barriers
- Systems issues: quality; EMR data

# VA Essential Elements of Pain Care

1. Educate Veterans/families to promote self-efficacy and shared decision making; provide access to all relevant resources
2. Educate/train all team members to their discipline specific competencies, including team based care
3. **Develop and integrate non-pharmacological modalities into care plans**
4. Institute evidence based medication prescribing, use of pain procedures and safe opioid use (universal precautions)
5. Implement approaches for bringing the Veteran's whole team together such as virtual pain consulting (SCAN-ECHO, e-consults, tele-health, clinical video tele-consultation and education) and for maintaining ongoing communication between team members
6. Establish metrics to monitor pain care and outcomes at both the individual level and the population level

# VA Experience

- Patient and PCP demand
- National and local implementation
- Health services research
- Opioid strategies
- “Whole Health”